



G.V. (Sonny) Montgomery VA Medical Center

to care for him who shall have borne the battle and his widow, and orphan

FOCUSED ON YOU

AUGUST 2020

Medical Foster Homes Offer Long Term Care Options for Veterans

Medical Foster Homes (MFH) are private homes in which a trained caregiver provides services to a few individuals. Some, but not all, residents are Veterans. VA inspects and approves all MFH.

The G.V. (Sonny) Montgomery VA Medical Center's MFH Program provides an alternative for dependent, chronically or terminally ill Veterans with limited family support who prefer a family setting for their long term care.



The program promotes safety and improved quality of life in a nurturing environment as an alternative to nursing home placement. Veterans live in a private home setting with a caregiver who is responsible for their care. The Veteran pays the caregiver directly for care, supervision, room and board and may apply for VA benefits to supplement the cost. Each enrolled Veteran receives

home-based primary care services and monthly coordinator visits in the home.

There are currently two approved MFH in Brookhaven, Mississippi, with five private bedrooms available. Both homes are owned and operated by nurses who have many years of experience in a variety of settings.

To refer a Veteran or learn more about how the program works, contact Yolanda Davis, MFH Program Coordinator, at 601-882-2707.



Whole Health

VA's Whole Health Approach to Clinical Care



VA's Whole Health approach is about treating you, the person. It's a conversation with your doctor or peer about what you want out of life. "The patient walks away thinking, 'Wow, I have been heard!' And that's a very powerful thing," says Elizabeth Recupero, a primary care physician at the Southeast Louisiana VAMC. Watch this video to learn more about how to live Whole Health: https://youtu.be/GDY-If-t_18

#IWearAMaskFor

Tell us who you wear a mask for by posting a photo of yourself in a mask and tagging us on Facebook @ <https://www.facebook.com/JacksonVAMC/> or Twitter @jacksonvamc using the hashtag #IWearAMaskFor.



Prescription Delivery Delays

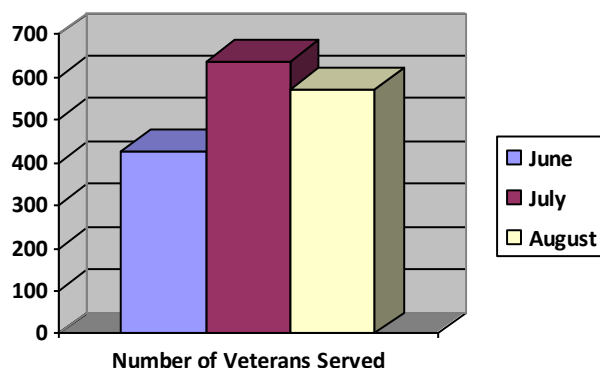


During the COVID-19 (coronavirus) pandemic, Veterans have noticed increased shipping times for mail order prescriptions as more Americans are using delivery options. Re-order medication refills as early as possible. Refill requests can be made as soon as you receive a prescription.

We encourage Veterans to sign up for [USPS Informed Delivery](#) and [UPS MyChoice](#) – both are free services that notify you when packages are on the way. You may also order and track certain prescriptions in MyHealtheVet. Thank you for your service to our country, and for choosing VA Pharmacy.

Drive thru Food Pantry

More than 1,600 Veterans have served since June



June—426
July—636
August—573

Veterans may receive items like fruit, fresh produce, canned goods, vegetables, meat, fish and poultry.

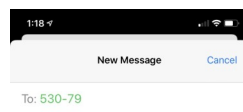
The drive thru food pantry will be held on the third Saturday of each month from 10 a.m.—1 p.m. at the West Entrance to the Medical Center.

For more information regarding eligibility contact Voluntary Service at 601-209-1043.



VEText Patient Tracking

As a precautionary step to protect all Veterans and staff, we are introducing a new VEText feature called VEText Patient Tracking which allows Veterans to check-in for scheduled appointments from the safety of their vehicle. This enhancement is an additional feature added to the familiar appointment reminder texts, and Open Slot Management that allowed Veterans to opt in to reschedule for a sooner appointment.



VEText Patient Tracking allows Veterans with a scheduled appointment to notify their care team when they have arrived at the facility. To use this feature, Veterans can send a text message to 53079 stating “here” once you have arrived in the parking lot of the facility where you have a scheduled appointment. This will notify your care team that you are at the facility waiting to be called to your appointment. Veterans must use a cellphone that is on file in your electronic health record. VEText auto-responds with a message acknowledging the check-in and sends a text response back instructing patients to await further instructions. Veterans will receive a text message once the provider is ready to see them and providing the okay to proceed to the appointment.

If a Veteran doesn't have a cellphone with texting capability, you may proceed in the clinic and follow directions to identified waiting areas. Veterans that experience problems with VEText or have additional questions may call the clinic using the facility telephone number and speak with the scheduler. Please be reminded that all patients must enter through the FRONT ENTRANCE only; arrive no earlier than 15 minutes prior to appointments; depart the facility promptly after appointments are complete; and WEAR A MASK (tracheostomy stomas should be covered as well).

VA Partners with OnStar for Veteran Suicide Prevention



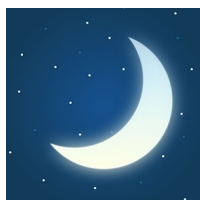
Suicide prevention is a top priority and VA has made great strides in Veteran suicide prevention, especially in crisis intervention.

VA announced it is partnering with [OnStar](#)'s emergency services to improve access to suicide prevention resources for Veterans. This partnership will offer Veterans in crisis the opportunity to be transferred to around-the-clock, confidential support via VA's [Veterans Crisis Line](#) (VCL) when they use the emergency services button in an OnStar-equipped vehicle or OnStar Guardian smartphone app.

"The VA-OnStar partnership aims to promote suicide prevention and reduce deaths by suicide by providing additional resources to Veterans," said VA Secretary Robert Wilkie. "This partnership will help Veterans access suicide prevention support services and assistance directly and immediately. More than 400 VA suicide prevention coordinators and their teams, located at every VA medical center, connect Veterans with care and educate the community about suicide prevention programs and resources daily."

- Partnerships such as this are coordinated by the Veterans Health Administration's [Office of Community Engagement](#)
- Visit VA's news releases web page at: <https://www.va.gov/opa/pressrel>

Insomnia Coach App



[Insomnia Coach](#)—The Insomnia Coach app was created for everyone, including Veterans and Service members, to help manage insomnia. The app is based on Cognitive Behavioral Therapy for Insomnia (CBT-I).

Download this and other apps at the [VA App Store](#).

Features

- Guided, weekly training plan to help you track and improve sleep
- Sleep coach with tips for sleeping and personal feedback about your sleep
- Interactive sleep diary to help you keep track of daily changes
- 17 tools to help you get your sleep back on track

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